

February Gym Challenge

How Long Can You Bosu Plank?

Bstfitness Newbury

Terms and Conditions

1. Gym Challenge starts Friday 1st February at 6:30am and ends on Thursday 28th February at 21:59pm.

2. To enter the gym challenge:

a. Any member wishing to take part in the challenge will need to speak to an instructor as they will be able to observe the challenge and do the time for you.

b. Members have the chance to take part in the challenge up until Thursday 28th February.

c. We cannot guarantee that an instructor will be available at the time and date requested by the member to enter the challenge. If this is the case, please ask at reception for the next available time and date when another member of staff is available.

3. Rules of the challenge

a. A member of staff **MUST** be present throughout the challenge.

b. A staff member will help find a suitable area of the gym to conduct the challenge and will monitor the exercise to ensure it is being conducted correctly. The challenge requires a Bosu ball. The staff member will monitor form throughout the challenge and will make a note of the time once completed. The staff member can stop the challenge at any time if they feel form isn't correct.

c. For the exercise you will need the Bosu ball and some space on the core area as it will offer grip for the Bosu ball and your feet.

d. Place a BOSU in front of you (flat side down) and rest your elbows shoulder-width apart on top. Tuck your toes in and lift onto your forearms. Hold it!

e. Be sure to keep your core tight, engage your glutes and keep hips in same position all the way through. Instructors will help set you up in correct position.

f. Aim is to hold it for as long as possible!

f. Staff member will record the time and display name and time on challenge board once complete.

4. Prize

1 x 1 month membership

1 x Personal Training Session (With instructor of your choice).

a. Anyone who attempts the challenge will be entered into a prize drawer!

b. **2** Lucky winners will be drawn from the prize drawer which will take place on Monday 4th March 2019.

c. The one month's membership is non-transferable. Promoter of this offer: Basingstoke Sports Trust, Festival Place, Basingstoke, Hampshire, RG21 7LE – Company Number: 980152, Register Charity Number: 3017